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*"Helping you
put knowledge
to work"*

The
NEBLINE
®

University of Nebraska Cooperative Extension
Lancaster County

Office Hours:
8 a.m. to 4:30 p.m.
Monday - Friday
Phone: 471-7180
Fax: 471-7148
RBBS: 471-7149
444 Cherrycreek Road
Lincoln, NE 68528

December 1991
Vol. V, No. 1

“Garbology” Introduces Students to Solid Waste Management

“Smelly stuff — trash — things we don’t need anymore.” These are ideas that come to the minds of second and third graders when they hear the word “garbage.”

“Garbology”, a new 4-H School Enrichment project, introduces students to solid waste management and the three R’s: Reduce, Reuse, and Recycle. Youngsters develop an increased awareness of garbage — where it comes from and where it goes, the problems it presents, and possible solutions.

Jan Hygnstrom, author and coordinator of the project, brings a six-pound bag of “clean garbage” to the classroom and students sort the waste into categories such as paper, metal, and plastic. Through other hands-on activities, children discover that large amounts of packaging are used to wrap the products they buy. After using the project, Pam Rallis of Morley Elementary explains, “Sorting the garbage and looking at packaging is something they (students) understand.” The students gain “a better understanding of how they affect their environment”.

From constructing a mini-landfill to making their own paper, youngsters become acquainted with where waste goes

and how waste can be used. Drew Anderson writes, “Thank you for teaching us to recycle and to make paper out of used paper.” Amanda Little says, “I really enjoyed you coming to the school. I myself thought it was cool because now I know how they do it (make paper).” Students gain “knowledge to become good keepers of the earth”, comments Karen Schaffert of Saratoga Elementary. This project “increases knowledge of the garbage problem and presents recycling in an appealing way”.

“Garbology” receives financial support from a national 4-H grant, Nebraska Department of Environmental Control, City of Lincoln Recycling Division, Lincoln/Lancaster County Clean Community System, Lincoln Center Kiwanis Club, Solid Waste Management, Inc. and University of Nebraska Cooperative Extension in Lancaster County. This project is slated to become a part of the core curriculum of the Lincoln Public Schools science program in 1992. (ALH)

Brownell Elementary School third graders press water from a frame containing the new sheet of paper they are forming from recycled classroom paper. These students in Karla Tinus’ room are learning how to recycle and reuse in the Garbology School Enrichment Project.

4-H’ers Adam and Sarah Nun use a magnet to determine whether cans are easily recyclable or not. The cans attracted to the magnet are either bimetal, or tinned which are difficult to recycle.

LANCASTER COUNTY EXTENSION

BOARD OF DIRECTORS
ELECTION AND BALLOT

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Growing Soybeans... No-till Variety

A soybean production meeting is set for Wednesday, December 4, beginning at 9:30 a.m. at the Firth Community Center. Dr. George Graef, University of Nebraska Soybean Breeder and Geneticist, will visit with producers about the university soybean variety development program and its future direction. Paul Jasa, extension research engineer, will share his experiences with no-till soybean production. Paul will advise on equipment modifications and adjustments as well as herbicide management in a no-till cropping system.

During lunch local and state soybean association members will visit with participants concerning the potential initiation of a Lancaster County Soybean Association and the Nebraska Soybean Profitability project. (DV)

Take the Challenge - Be a Leaner Eater

Challenge Three: Fat - Where It’s At

The following is part of a continuing year-long series on healthy eating.

Sometimes it is easy to see that a food is high in fat. For example, think about potato chips; when you eat chips, your fingers become greasy. Pizza is another example; you can see little pools of fat on the surface of a hot pizza.

Sometimes it is not so easy to see fat in food. Two tablespoons of dry roasted peanuts, for example, have 10 grams of fat. This quantity of fat is the same amount as one ounce of potato chips; yet you cannot see the fat in peanuts.

Since fat cannot always be seen, it is a good idea to know other ways to recognize fat. One easy way is to think about the source of the food. Most foods that come from plants (fruits, vegetables, and grains), for example, are very low in fat in their fresh or natural state. They can become high in fat when they are made into other types of food:

% Calories From Fat Apple 0% Potato 0% Wheat/flour 5%	% Calories From Fat Apple pie 40% French fries 46% Cake (plain white) 34%
---	---

To stay healthy, balance high-fat foods with foods lower

in fat. As you learn more about which foods have fat, it is important to remember:

Eating less fat does not mean giving up any one food or group of foods. It simply means cutting down on fat whenever you can. To be healthy, you need to eat a variety of foods, including fruits, vegetables, lean meats, and low-fat dairy products.

Challenge:

Circle the food in each pair that is higher in fat:

1. Baked potato	Hash browns
2. Doughnut	Bagel

For more information:

If you’d like a NebGuide giving more information about high and lowfat foods, send a self-addressed, stamped envelope to: Planning for Healthy Eating (G89-935); % Alice Henneman; University of Nebraska Cooperative Extension in Lancaster County; 444 Cherrycreek Road; Lincoln, NE 68528. (AH)

Answers to Challenge Activity:

1. Hash browns
2. Doughnut

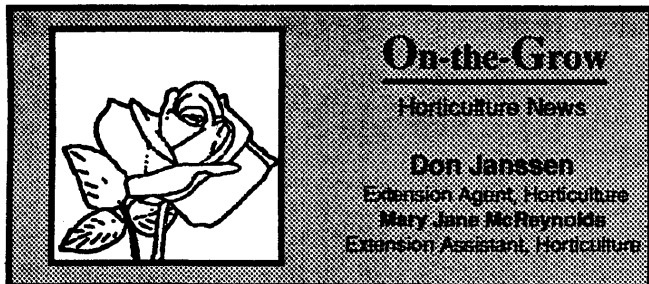
Extension Phone
Numbers:

Office:(leave message after hours).....471-7180
After hours:471-7170
Fax:471-7148
NEBLINE RBBS:471-7149

University of Nebraska
Cooperative Extension
in Lancaster County
444 Cherrycreek Road
Lincoln, Nebraska 68528-1507

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Cooperative Extension provides information and educational programs to all people without regard to race, color, national origin, sex or handicap.



On-the-Grow

Horticulture News

Don Janssen

Extension Agent, Horticulture

Mary Jane McReynolds

Extension Assistant, Horticulture

Firewood Insects

Uninvited guests that pop in around the holidays can be quite a nuisance, especially when they're the multilegged sorts that come indoors on firewood.

Fortunately, the vast majority of insects that come inside with firewood cannot survive, reproduce or do damage in the home. Even so, most people would prefer not to play host to an assortment of beetles, spiders, ants and other crawling creatures.

To keep insects from emerging from firewood in the house keep wood outdoors until you're ready to use it. Bring in only enough for a day or two so any insects in the logs don't get the chance to warm up and become active.

The most common wood-boring insects to migrate indoors with firewood are the long-horned beetles. If you see one, you'll know where it got its name. In most cases, their antennae are at least as long as their bodies. Their grub-like larvae are known as roundheaded borers and make perfectly round holes in wood.

Small, cylindrical brown beetles that emerge through tiny holes in the bark on logs are bark beetles. Bullet-shaped beetles in metallic, iridescent colors are metallic wood-boring beetles. Their larvae are called flatheaded borers and make slightly flattened holes in wood.

All these insects over-winter as inactive adults. You're more likely to see the adults in late winter or early spring. In the fall, especially if you're splitting wood, you're more likely to see the larvae. In fact, you may actually hear them chewing through the wood and find little piles of sawdust beside infested logs.

None of these beetles is likely to take up residence in your home. Finished wood does not provide the right moisture content, suitable food or crevices for egg laying. Varnish and other finishes also close the wood pores, making it difficult for borers to enter.

Carpenter ants, which may be found in firewood, can be more than a nuisance in the home. It's unlikely that individuals brought in on wood will be capable of establishing a colony, but they will forage in the kitchen. It's a good idea to watch for them or their tunnels in wood and avoid carrying infested logs inside.

The main thing to keep in mind about insects that come inside with firewood is that they are not going to eat up your house or your furniture before your eyes. If you don't want them inside in any case, keep your wood outside. It's as simple as that. (DJ)

Fight Bite Of Spider Mite

The onset of winter sometimes heralds a spider mite attack upon indoor house plants. But, a little care can prevent this from happening.

The pale green spider mites are almost microscopic in size. The mites live on the underside of leaves, toward the central part of the plant. They feed on plant tissue by withdrawing fluids from plant material. Eventually, the plant turns a white-pepperish color and the leaves start to dry. This process can take awhile. That's why early spider mite damage often goes undetected.

Spider mites infest many types of household plants, including parlor palms, schefflera, spider plants and poinsettias.

The mites spread from plant-to-plant. Airborne mites from nearby fields may infest house plants that sit outside in the summer. Or, sometimes, consumers buy already infested plants.

Most often, the appearance of webbing underneath a leaf or a dried-out look to the plant indicates mite problems.

These problems seem to increase in the winter when furnaces create hot, dry conditions indoors. Sometimes, too, plants are watered less often and this causes moisture stress. These circumstances are ideal for the rapid reproduction of spider mites.

The best way to control mites is early detection. House plants should be examined regularly for mite problems. A thumb and forefinger can blot out early infestations. Also, infested leaves or small plant parts can be removed.

For heavier infestations, apply either insecticidal soaps with citrus oil, horticultural spray oils, Orthene or Kelthane. It's recommended that plants be removed to a warm garage before applying Orthene or Kelthane. (DJ)

Chestnuts For The Holidays

Roasting chestnuts is often a tradition during the holidays. Storage conditions have to be just right, not too dry and not too damp. In dry air, they dry out and lose quality. In warm, damp air, they mold. Store fresh chestnuts in the refrigerator in a plastic bag with a few ventilation holes punched in it.

Chestnuts can be cooked by roasting, boiling or steaming. To roast over an open fire, use a long handled popcorn popper or chestnut roaster. To roast in an oven, try a temperature of 300 degrees Fahrenheit for about 15 minutes.

Before roasting, puncture each nut once or twice with an icepick or a knife. If you fail to do this, pressure from steam building up inside the shells will cause the nuts to explode, either before or after they come out of the oven or roaster.

To boil chestnuts, place them in a shallow pan with water that just covers them. Bring to a boil, reduce the heat and boil

Ugly Mix Prevents Theft Of Evergreens

You may wish to prevent your ornamental evergreen trees from being stolen during December. Each year, Christmas tree thieves steal nicely shaped evergreen trees from unsuspecting landowners. Hundreds, if not thousands, of dollars worth of losses occur and the stress of unexpectedly seeing only a stump where a valuable tree once stood is an unpleasant experience for landowners.

Cornell University's Cornell Plantations in Ithaca, New York uses a special concoction referred to as Ugly Mix to deter thieves from stealing ornamental evergreens during the Christmas season. Invented in 1983 by Garardo Sciarra, a gardener-horticulturist with the Cornell Plantations, the Ugly Mix can be applied to evergreens with a paint brush, broom or sprayer. It must be kept agitated during its use to prevent separation of the ingredients.

The following ingredients of Ugly Mix can be purchased at local garden supply stores and grocery stores.

Ugly Mix Recipe

Pour two gallons of water (around 63 degrees Fahrenheit) into an aluminum pot. Mix in a separate bowl 20 ounces of

hydrated lime together with four ounces of "Wilt-Pruf" concentrate to form a paste. Slowly fold the paste into the pot of water.

Add contents of two one-ounce bottles of red or other hue food coloring to the mixture and stir until color is uniform. Agitate the Ugly Mix continually during its use to prevent settling of ingredients.

Apply Ugly Mix to the needles of evergreens with a brush or sprayer during warm (above 50 degrees Fahrenheit) and dry weather in November and December. Repeated applications may be required, if rainfall washes away the Ugly Mix.

Mr. Sciarra suggests that experience is a good teacher when using the concoction to color trees. Colored stripes or marks can make plants unacceptable as Christmas trees and easily identifiable, if stolen. The temporary tree markings do not need to be offensive in appearance. The heavier the application and greater the amount of tree and twig coverage with Ugly Mix, the longer it takes for rain to wash the tree clean. It will take a few weeks or months for Ugly Mix to wash away, depending on the frequency and intensity of rainfalls. (MJM)

This and That

Seeds taken from fresh grapefruits and oranges and sown in a well-drained, sandy soil soon will produce attractive, green-leaved plants.

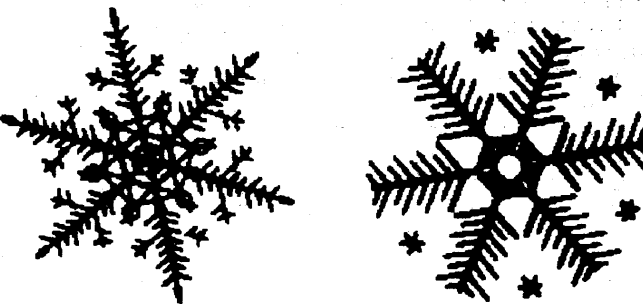
A common complaint in growing rubber plants indoors is yellowing leaves with dead spots on the edges. This usually is caused by overwatering. Bottom drainage helps remove surplus water. If the plant has been in the container for a long time, remove the soil ball and loosen bound roots. Remove some of the soil at the top of the ball and transplant into a larger pot.

Purchase amaryllis bulbs in decorative containers for your own enjoyment or as gifts. Their expense is justified as they increase in beauty from year to year. Always cut off the faded flowers of an amaryllis so no seeds form. Producing seeds robs the bulb of energy that should go to next year's growth.

House plants with large leaves and smooth foliage (philodendrons, dracaena, rubber plant) benefit if their leaves are washed with clear water at intervals to remove dust and grime keeping the leaf pores open.

Melted snow contains minerals and can be used instead of tap water for winter watering of house plants.

Turn your house plants frequently to ensure uniform light distribution and straighter growth. Avoid putting them on the television, near heater vents or other sources of heat. Don't overwater; growth has slowed significantly for the winter, so less water and fertilizer is required. (DJ)



Keep Christmas Trees Fresh

Many families will erect and decorate the traditional symbol of Christmas this season — the evergreen tree. But, what is the best way to keep the tree fresh and green throughout the holiday season?

Through the years, people have experimented with various "home recipes" to help keep the tree fresh and green. A few of the more novel recipes include the addition of sugar, 7UP, green food coloring and aspirin to the water in the tree stand. Unless your tree has a headache, there is no evidence that additives increase or prolong the freshness of a Christmas tree.

The best advice to keep a fresh tree fresh is to mount it in a stand that hold at least one gallon of water and check the water level at least once daily. Fresh Christmas trees are thirsty. They may drink from two pints to one gallon of water per day. If the water level in the tree stand drops below the cut surface, a seal will form just as it does on cut flowers, and the tree will be unable to absorb water.

A properly-watered Christmas tree will stay fresh and green for months. A neglected tree may dry out, drop needles and be a potential fire hazard in a week. (DJ)

gently for 15 to 20 minutes. Drain and partially cool, then remove the kernels using a sharp tine of a table fork. The longer the nuts cook, the mealier the kernels become and tend to crumble when removed from the shells. For especially dry chestnuts, soak them overnight in water before boiling in fresh water.

For steaming, carefully cut fresh, moist chestnuts in half and cook them in a vegetable steamer over boiling water for 8 to 10 minutes. Most kernels should fall out of the shells during cooking.

Steamed or boiled nuts can be dipped in melted butter and salted, if desired, or used in other recipes. Store cooked chestnuts in tightly sealed jars in the refrigerator for a month or two or in the freezer for up to a year. (MJM)



GARDEN GOSSIP HOTLINE

471-7179

Accessible from any phone

Questions and Answers

Q. How can I promote good nut production in black walnuts? I intend to plant quite a few trees in the spring.

A. Start with improved, named varieties rather than seeds or seedlings from native trees. Improved varieties grafted onto superior rootstocks tend to bear much sooner after planting. Their nuts also tend to have thinner shells. Plant at least two varieties for good pollination. Pick a well drained planting site with deep, rich, loose soil that is not strongly acid. Walnuts do not grow well or produce large nut crops on eroded hillsides or soggy bottomlands. Plant in early spring. Begin fertilizing with a complete fertilizer the next spring after planting. Apply a pound of 5-10-5 or 1/2 pound of 10-10-10 per year of tree age. Keep the area immediately around young trees clear of weeds, grass and other plants that would compete with the trees for water and nutrients. Protect trees against insects and diseases as necessary to prevent defoliation or general weakening of the trees.

Q. I have lots of little plants I've started from cuttings and seeds, and I'd like to put together some dish gardens or terrariums for Christmas gifts. Do you have some guidelines on combining plants in containers?

A. The most important rule of thumb is to combine plants that have similar requirements for soil, water and light. Plants that need a coarse, well drained soil, occasional watering and bright light will not thrive in the same container with plants that prefer a heavier, moister soil and high humidity. Another thumb rule is to choose small, slow growing plants. It will take them some time to outgrow their containers. In general, combine an upright plant with a low spreader and a trailing plant.

Q. What's the aim of cutting a slice off the bottom of a cut Christmas tree trunk?

A. Removing a half-inch or so from the base of the trunk eliminates resin-clogged wood that can interfere with the tree's uptake of water. (DJ)

Gifts for the Gardener

If you have a friend or family member who is a gardener, here are a few Christmas gift ideas. Christmas plants are always a welcome gift to any home. They add color and holiday accents to interior surroundings. The traditional red poinsettias are popular, as are the newer flower colors of pink, white and yellow. Other possibilities are Christmas cactus, Christmas pepper, red gloxinia and kalanchoe.

The outdoor gardener might like to receive a certain tool to make the job of spring gardening easier. Soil working tools like rakes, hoes and spades may be difficult to wrap and still be a surprise, but they are always welcome. Pruning tools, like hand shears and small saws, are easier to wrap and may be needed later this winter.

Consider giving birdseed, which will not only make the birds happy, but provide enjoyment for the entire family. As natural bird food supplies decline and snow cover hides what remains, this is a good time to consider such a gift. Bird feeders also make good gifts.

Don't overlook the possibility of a gardening magazine or plant book as a gift. Many larger book stores have well stocked sections on these and related topics. Garden centers and nurseries also offer a variety of titles on individual plants as well as cultural practices. Someone with a new home might like a book on plant materials and landscaping, while people with a well established garden and landscape might better use information on maintenance and pruning practices.

If you have a non-gardening friend or relative you want to introduce to gardening, consider a total package with plant, container and growing media, along with a book on plant care. (MJM)

Swine Diet Workshop Saves Producers \$\$\$\$

Feed is the largest single item among the costs of producing pork. On the average, it accounts for 60% of all costs and represents about 80% of the cash costs. Thus, it is important that pork producers provide high quality cost-effective diets to their pigs every day.

A swine diet formulation and cost analysis workshop will be conducted Friday, January 10, 9 a.m. - 4 p.m. to evaluate producer rations and to compute rations that can lower production cost and increase pig performance. The workshop will be held at the University of Nebraska Animal Science Complex. Participants in similar workshops across southeast Nebraska have saved an average of \$10,487 on feed cost per year by reformulation of diets at the workshop.

At this workshop, Duane Reese, extension swine nutrition specialist, University of Nebraska-Lincoln, and Dave Varner, extension agent, will present a nutrition program and consult with producers about diets. We will assist you in evaluating the following:

1. Do your diets contain more ingredients than necessary to

meet the pig's nutrient needs?

2. Do your diets contain higher levels of nutrients than what you can afford?

3. Do your diets contain sources of nutrients (ingredients) that are more costly than available alternatives?

4. Have you properly switched pigs to less complex and/or less costly diets as they grow?

5. Do your diets contain feed additives (antibiotics, flavors, etc.) that cost more than they provide in return?

The morning session will be used to assemble the required information for the calculations. Producers will need to bring complete feed usage records, cost of ingredients, complete feeds and diet formulations. Feed tags and nutrient analysis for all feeds being used and feeds that you might consider using will be needed at the workshop.

The afternoon session will be held in the computer laboratory to evaluate and calculate new diets for your herd. You will go home with diet calculations in hand at the conclusion of the workshop.

Better Production Practices Key to Surviving Low Hog Prices

Any hog producer can turn a profit when hog prices are high, but when prices drop, producers who keep production costs low are more likely to be raising hogs the next time prices climb to high levels.

Nebraska Swine Enterprise Record Program results for the first six months of 1991 show that prices received for market hogs averaged over \$53, with farrow-to-finish producers averaging \$10.83 profit per hundredweight.

However, with an average production cost of \$43.12 a hundredweight, these profits will dry up quickly if economists' predictions of lower hog prices come true. For the top one-third of high profit producers, the profits, while lower, will continue because their reported cost of production was \$37.23. The profit squeeze is already on for the low profit one-third of producers who recorded a cost of production of

\$49.89.

Long term studies have suggested that over 80 percent of the variation in profit between these two groups is due to cost of production differences and not the ability of the producer to sell the product at a higher price.

High profit producers tend to control feed waste better through a combination of better feed conversion and lower feed ingredient costs.

On the average, the high profit producers' female hogs also produced more pigs per year than females in the low profit herds.

For feeder pig producers, the typical 50-pound pig earned \$12 to \$13 in profit. High profit producers earned as much as \$20 or more per pig while low profit producers earned only \$3 per pig.

The difference in profit for feeder pig finishers in the same time period was even

more extreme. The average profit for all finishers was \$6.58 per hundredweight of gain with the high profit group turning a \$14.25 profit and the low profit group losing \$1.08 per hundredweight.

A major factor in the profits feeder pig finishers made was the price paid for feeder pigs. Producers who purchased pigs as shares in a sell-managed feeder pig co-op often bought their pigs for \$15 to \$20 per pig less than producers who purchased pigs on the open market. As feeder pig prices tumble along with market prices, this difference in cost will not be as great in the next six months.

Enrollment in the Nebraska Swine Enterprise Record Program can help producers evalu-

ate their financial management skills relating to pork production. Because their are nearly 200 producers enrolled, the impact of decisions on the competitive position of the swine enterprise can be examined in light of costs and returns of other producers. Contact the University of Nebraska Cooperative Extension in Lancaster County for more details about enrollment to make 1992 a profitable year for you in pork production.

The training meetings in this area will be held at the American Exchange Bank in Elmwood on December 12 beginning at 7 p.m. and at the Beatrice Extension Office on December 10 starting at 7 p.m. (DV)

Sludge Soon to be Available as Fertilizer

A major reconstruction project at Lincoln's Theresa Street Wastewater Treatment Plant is nearing completion. This modification of the plant will result in wastewater residuals which will be safe for application on agricultural farmland. It is estimated that between 35,000 to 40,000 tons of sludge will be produced annually by the anaerobic digesters once the plant goes into full operation next spring. The sludge will then be available on a limited basis to farmers wishing to utilize the residues as a source of organic fertilizer. The amount of land needed annually to utilize the sludge is actually only about 2500 acres selected from a base of approximately 25,000 acres of agricultural cropland.

The City of Lincoln has asked Lancaster County Cooperative Extension to work

with farmers in selecting fields most suited for application of the sludge as a fertilizer. Extension Agent Warder Shires has been assigned as coordinator of the land application project. It is extension's role to provide farmers with educational meetings and information on proper application of this product and how to best utilize it as an organic source of crop nutrients. This process will involve thorough evalua-

tions of the potential crop land and considerations of environmental safety. It will include deep nitrate soil testing, methods of application and incorporation, and yield comparisons at the end of the production year.

Several farmers have already expressed interest in utilizing sludge for use on their farms. A selection process has been initiated to determine which fields are best suited for

this program. The first step will be to identify farmers who are willing to comply with application requirements. Each individual farm will be evaluated and ranked according to their suitability. Crops will be limited to milo, corn, oats, and wheat. The final selection of fields and application rates will be based on laboratory analysis provided by the University of Nebraska Department of Agronomy. (WS)

Computerized Farm Management at Home

Are you looking for the right computerized farm management system for your business? Do you want to have the skills to make successful farm management simple? There is a workshop series designed to take you from the point of purchasing a computer to actually experimenting with some of today's premier agricultural farm management software in just three weeks.

The series will be offered at two locations. In Lincoln at the Lancaster Extension Conference Center on January 14, 21 and 28 from 7 to 10 p.m. and in Wahoo at the Wahoo Public High School January 9, 16 and 23 from 7 to 10 p.m.

Successful farming in today's complex business environment requires excellent management skills. Farming is a business which requires good record keeping and sound financial management. The farm computer is one tool available to help farmers deal with information in today's complex farm business.

"Computerized Farm Management at Home" is a hands-on workshop designed to meet the computer manage-

ment needs of farmers. Workshop topics include:

- How and what to look for when purchasing a computer for the farm business.

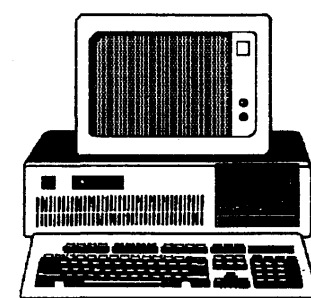
- A hands-on introductory DOS class which will introduce participants to basic computer skills.

- Evaluation techniques that will help you determine which farm management software package is right for you.

- Demonstration and hands-on evaluation of several agricultural software packages. (Third week of each series is open to the public.)

The culmination of the workshop series will be live demonstrations of agricultural software programs by software company representatives that will be open to the public. Participants will also have the opportunity to try these programs and will have time to visit with representatives in person about their software needs.

The workshop series fee of \$10 includes all workshop materials and handouts. Two family members may attend under one registration. Please call 471-7180 to register for the Lincoln workshop or 443-3522 to register for the Wahoo site. Early registration is encouraged as space is limited. (DV)



- A hands-on session focusing on the use of electronic spreadsheets in the farm business. We will show how cashflows and simple crop budgets can be created and adjusted in just seconds on a computer. Additional agricultural software packages will also be demonstrated.

Ag Update
Agricultural News & Events

Don D. Miller, Ext. Agent, Chair
Warder Shires, Ext. Agent, Ag
David Varner, Ext. Agent, Ag

Soybean Expo

The University of Nebraska Cooperative Extension in cooperation with the Saunders County Soybean Growers Association is sponsoring a soybean educational program that will include a trade show. The program will be Friday, December 6, beginning at 9 a.m. at the fairgrounds in Wahoo.

A diverse group of speakers that will include soybean growers, University of Nebraska researchers and extension specialists, private industry representatives and commodity organizations. The educational program will include topics regarding production and marketing of soybeans. The trade show will highlight agribusiness representatives with equipment and products that producers use in the production and marketing of soybeans. The noon meal will be provided compliments of agribusiness. (DV)

Private Applicator Recordkeeping

We tried, but too soon...

We have just learned that recordkeeping for private applicators of restricted use pesticide usage will not be required until the 1993 cropping season. Since specific requirements for records is yet to be developed by a USDA task force during 1992, the record form printed in the November NEBLINE is only a suggested guide, not the required records. The specific details are yet to be known.

We greatly appreciate your interest in accurate farm records. We have always encouraged farmers to keep records of any pesticide application. We will inform Lancaster County producers of the specific recordkeeping requirements when they are released by USDA. (DV/WS)

BEEF CONFERENCE

The Four-State Beef Conferences are designed to give beef cattle interests in Iowa, Kansas, Missouri and Nebraska a regular update on current cow-calf stocker topics. These annual conferences provide a forum of specialists from four of the USA's leading beef cattle land-grant universities. The conference in Nebraska this year will be held December 10 in Tecumseh.

The 1991 conferences will reflect a year of agricultural change as speakers focus on the following:

- Effective Health Programs
- Controlling Baling & Storage Losses
- Forage Management - Feeding
- Future of the Beef Industry
- Cost of Culling Cows
- Heifer Replacement - Developing Costs

Registration fee of \$15 includes noon meal and program proceedings. For more information and transportation to Tecumseh, contact the University of Nebraska Cooperative Extension in Lancaster County. (WS)

Private Pesticide Applicator Training Set

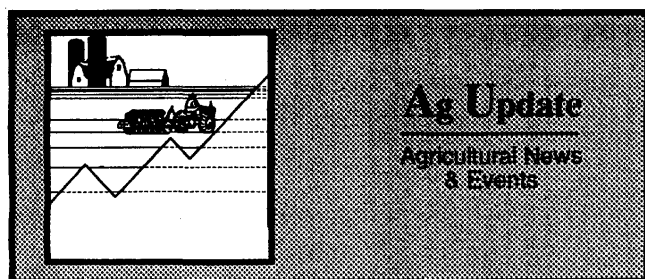
Nearly 500 farm operators in Lancaster County are eligible in 1992 for private pesticide applicator training. Federal and state law requires certification to purchase and use "Restricted-Use Pesticides".

A certified private applicator is anyone who uses or supervises the use of any restricted use pesticide for producing agricultural commodities on property owned or rented by him/her. This includes farmers, gardeners, Christmas tree growers and hired farm laborers. A private applicator may apply restricted use pesticides without compensation in trading personal services between producers or agricultural commodities.

Producers who let their federal certification (blue card) expire prior to 1992, or producers who need initial certification should attend one of the following three hour training sessions:

Date:	Time:	Location:
Monday, December 16	1 p.m.	Lancaster Extension Conference Center
Monday, December 16	7 p.m.	Raymond Central Public School
Tuesday, December 17	9 a.m.	Firth Community Center
Tuesday, December 17	1 p.m.	Sprague Community Center
Wednesday, December 18	9 a.m.	Lancaster County Bank, Waverly
Monday, February 3	7 p.m.	American Legion Hall, Bennet
Thursday, February 13	7 p.m.	Lancaster Extension Conference Center
Friday, February 14	1 p.m.	Lancaster Extension Conference Center
Saturday, February 15	9 a.m.	Lancaster Extension Conference Center

Persons who are using or supervising the use of restricted-use pesticides on any property they do not own or rent are considered commercial applicators. This category includes persons applying restricted-use herbicides for hire. Producers in this category should attend a commercial applicator training session. (DV)



Crop Protection Clinic

The annual Crop Protection Clinic will be held on Tuesday, January 7, at the Lancaster Extension Conference Center. Registration will open at 8:15 a.m. with sessions running until 4:30 p.m.

This clinic has been a popular refresher among farmers, farm managers, and other agri-professionals for more than 20 years. The primary purpose of the clinic is to provide the latest information and recommendations on the control of weeds, insects, and plant diseases affecting field crops in this area of Nebraska. The clinic will continue with its format of 20 minute long sessions on a variety of topics on pest management and related subjects. Each presentation is followed by an open period for questions. Entomologists, plant pathologists, weed scientists and soil specialists from the University of Nebraska-Lincoln will make presentations on their special subjects.

Registration fees will include the noon meal and the cost of proceedings of the Crop Protection Clinics held throughout the State of Nebraska. (WS)

Agricultural Marketing Course

Are you ready to sharpen your marketing skills? Or, are you needing a few more hours of college credit to finish a degree in agriculture? Maybe you just want to get started in agricultural marketing techniques. Here is your chance.

Dr. Jim Kendrick, professor of agricultural economics at UNL, will instruct his popular agricultural marketing course this winter and spring statewide via satellite television. The course will be taught Monday, Wednesday, and Friday from 9 to 9:50 a.m. The class meets January 13 through May 2, 1992.

The best news is that you may enroll to audit the course for self improvement or you may enroll for college credit. You may view the class at home if you have satellite TV or you may come to the extension office. Of course, all tests will be given here at the office should you elect to apply for college credit.

The text for the course is a spiral bound monograph which Dr. Kendrick revises each semester to ensure critical material is current. The cost of the text is \$20.00.

If you need to know if your satellite equipment will receive the program, call Darrell Schweppe, 472-3611. If you want to sign up for the course, call Dave Varner, extension agent, at 471-7180.

When you call Dave at the extension office he will need to know if you wish to audit the course or take it for college credit. He will also need to know if you wish to view the program at the extension office or from some other location.

Enrollment forms will be mailed to you upon request. (DM)

Dry Season Increases Carryover

Farmers should consider the increased risk of herbicide carryover for rotational crops following a dry growing season. Microbial activity slows in dry topsoils, which normally help break down many herbicides. Microbes are beneficial bacteria and fungi that feed on organic substances in the soil.

In soybeans, the major candidates for herbicide carryover are Treflan, Prowl, Command, Scepter, Pursuit and the Classic in Canopy and Lorox Plus.

Wheat following soybeans should tolerate Scepter, Pursuit and Classic fairly well, however, wheat is more sensitive to Treflan, Prowl and Command.

Treflan and Prowl enter wheat mainly through emerging wheat shoots. Therefore, a deep tillage to dilute the herbicides followed by a shallow seeding to encourage rapid emergence from the soil should reduce damage to wheat. The same process, however, may not help with Command, which is mainly root-absorbed.

Corn and grain sorghum following soybeans are susceptible to Scepter and Classic carryover. Sorghum is very susceptible to Pursuit carryover. Prowl and Treflan could damage both crops, especially after high use rates and dry conditions.

Atrazine used on corn and sorghum is the biggest threat to following crops. The main factor in atrazine carryover is the rate of application although moisture and soil pH also should be considered.

Foliar applied herbicides such as Buctril-atrazine, Laddock and Marksman, are effective at rates containing a half pound of atrazine per acre. Carryover at this rate is enough to destroy alfalfa, clover and spring-seeded oats, but should present little risk to wheat or soybeans. Higher rates, whether soil- or foliar- applied, could result in serious carryover, especially in dry years and on higher pH soils.

Producers may take several steps to reduce the risk of atrazine carryover. Because plant roots take up atrazine, deep drilling can help. This probably is a better choice than deep tillage to dilute atrazine. Delayed soybean planting on fields with atrazine history would give the herbicide more time to break down in the spring. Also, growers should avoid soybean herbicides containing metribuzin where atrazine carryover is a risk.

No doubt we could use some good fall rains to fill our soil profiles, but these rains probably would not reduce the current herbicide carryover risk. As nights become cooler, soil temperatures begin to drop. Below 50 degrees, microbial activity comes to a standstill, even if we have the moisture. (DV)

EXTENSION BOARD ELECTION

You are invited to vote for the directorships of the Lancaster County Extension Board. The extension board is a nine member board elected each year to represent all citizens of Lancaster County. The extension board is responsible for the program of University of Nebraska Cooperative Extension in Lancaster County. Directors are responsible for funding, overall policy direction and employment of county personnel.

The extension board is similar to a local school board in areas of responsibility. The Lancaster Extension Board works closely with University Cooperative Extension system. Any bonafide resident of Lancaster County who is of legal voting age may cast a ballot. Ballots will be considered only if

(to be removed by election clerk)

Voter Declaration: I hereby declare that I am a bonafide resident of Lancaster County and am of legal voting age.

Name _____

Address _____

City _____ Zip Code _____

OFFICIAL COUNTY EXTENSION BOARD BALLOT

North District
(vote for one)

☐ David Grimes

☐ Bryan Olson

South District
(vote for one)

☐ K.Q. Allen

☐ Ed Woepfel

County At Large
(vote for two)

☐ Dallas Bird

☐ Charles Willnerd

LANCASTER COUNTY EXTENSION

BOARD OF DIRECTORS ELECTION

You are invited to vote for the directorships of the Lancaster County Extension Board (see Lancaster County Extension Board Ballot in this issue of NEBLINE.) The extension board is a nine member board elected each year to represent all citizens of Lancaster County. The extension board is responsible for the program of University of Nebraska Cooperative Extension in Lancaster County. Directors are responsible for funding, overall policy direction and employment of county personnel.

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Following is a brief profile of each of the candidates for the Lancaster County Extension Board, compiled from the candidate's applications for the Lancaster County Extension Board (of Directors).

"K.Q." (Kathy) Allen
Owner, Kenl Inn; Registered Nurse, Lincoln General Hospital

Educational background: B.S., Nursing, University Nebraska Medical Center

Community activities: Life member, Greater Lincoln Obedience Club (past president, training director, trial chair); past chair, Board of Trustees, Capital Humane Society. Advanced cardiologic support instructor and consultant for Lincoln Medical Education Foundation, 1991 Mayors citizens advisory council on healthy people for the year 2000.

Please list any particular expertise you feel you can bring to extension:

As the head nurse of the critical care unit at Lincoln General for 9 years and an owner of my own business, I have had a great deal of experience in budget planning, allocation of funds, goal setting, personnel management, public relations, both staff and public education, awareness, and orientation; task forces, and community planning (both for needed resources and educational purposes).

Additional information:

I look forward to this potential

opportunity to help represent the citizens of Lancaster County through the extension program and to try and see that everyone's needs are met in the best way possible. My husband managed the Lancaster County Rural Water District for 10 years, so we have also been active/interested in those types of environmental issues as well. He currently is on the Board of Directors of LRWD. We belong to the Better Business Bureau, Lincoln Chamber of Commerce, National Federation of Independent Businessmen, and, on the national level, I am active in the American Boarding Kennel Association, American Dog Owners Association, Bulldog Club of America, Bull Terrier Club of America, and American Association of Critical Care Nurses.

Bryan E. Olson
Farmer

Educational background: B.S. Agricultural Economics
Community activities: Member of Evangelical Covenant Church, Ceresco; former church board treasurer, member of Farm Business Association.

Please list any particular expertise you feel you can bring to extension:

I am an active farmer and have participated in many extension programs.

Ed Woepfel
Consultant for Agricultural Education, adult education, Nebraska Department of Education and executive director of Nebraska Young Farmers/Ranchers Educational Association

Community activities: 1981-91 Pork Producers Board member; 1987 Madison County Fair Swine Superintendent; member Shepherd of the Hills Lutheran Church; life member FFA Alumni Association, state council member 1986-present

Please list any particular expertise you feel you can bring to extension:

During the time I was teaching agriculture in Battle Creek we were very fortunate to develop a unique program for adults in the area. Through some funding that we were able to get from grants we were able to start a marketing and comput-

erized record keeping program for adults. We hired a 1/2 time ag teacher so I was able to run this program. Through this program we served 45 ag producers and business'. This was a very enjoyable experience for me, but more importantly a learning experience. We found that if you are meeting peoples' needs, they will participate. As I continue to work in the department of education with adult education it is very obvious that meeting needs is the biggest challenge that we all face. The programs that meet needs are successful, the ones that don't seem to fail.

Additional information: In the past four years that I have worked in the Department of Education, I have had the opportunity to view first hand the variety of educational programs offered throughout the state. This year I have the honor of serving a state president of the Nebraska Ag Teachers Association. Through these activities it has become very obvious to me that we must look at everything we do and ask the question "Does this serve a need?"

We must have the vision to create new programs to meet the needs of our ever changing clientele. At the same time we must communicate and work with other organizations to assure that we are not duplicating effort.

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We must have the vision to create new programs to meet the needs of our ever changing clientele. At the same time we must communicate and work with other organizations to assure that we are not duplicating effort.

Additional information: I would try to make sure that funds were spent most efficiently to help people in the county most effectively.

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Dallas A. Bird
Chaplain, Colonel USAF (retired); United Methodist Clergy

Educational background: B.A. UN-L; Master of Theology, Iliff School of Theology, Denver, CO

Community activities: Master Gardener volunteer at University of Nebraska Cooperative Extension in Lancaster County and "Backyard Farmer" TV program; superintendent of the county fair horticulture (4-H); president of the Arts & Sciences Alumni Association Board (UNL); member of the Board of Directors, Lincoln Civic Choir & Orchestra; member of the Lincoln Civic Choir

Please list any particular expertise you feel you can bring to extension:

I was an Air Force chaplain for over 28 years, during which time I continually worked with chapel and other base activities in formulating programs and budgets. My work as a chaplain brought me into close contact with volunteer workers. For over 20 of the 28 years I served as a supervising chaplain of other assigned chaplains.

This is not a "particular expertise," but I believe strongly in what extension is doing for the communities of our state.

Charles S. Willnerd
Investment Manager/Real Estate Appraiser

Educational background: B.S. Degree Agriculture-UNL with emphasis in education; post graduate study in Business Administration

Community Activities: 4-H club leader; president Lancaster County Horse VIPS Committee; member St. Mark's United Methodist Church; served on various church committees including chair of Trustees and church treasurer; member of Nebraska Agri-Business Club

Please list any particular expertise you feel you can bring to extension:

I enjoy overseeing a wide variety of activities in various organizations. I have worked with budgets, and have a good working knowledge of finance. I work well in committees and am sensitive to other view points.

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Community Service Spotlight!

Clover Ties 4-H club members from Malcolm folded grocery sacks in November as a community service project. The sacks will be inserted in area newspapers November 27 as an advertisement for Food Bank donations. Filled sacks can be left at participating grocery stores in Lancaster County until December 23. Club members helping with the project were (from the left) Melissa Janssen, Mollie Rappl, Jaime Chambers, Stephanie Janssen, Maroya Spalding and Leader Susan Janssen (not pictured.) The food sacks and delivery are courtesy of the Cornhusker Food Retailers Association, Gooch Foods, and Journal-Star Printing, with the help of clubs such as the Clover Ties! (MK)

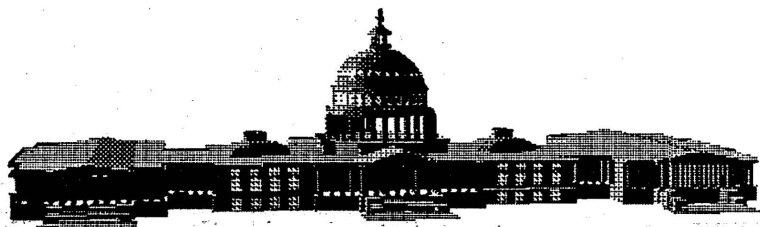
For New (or Nearly New) Leaders

New 4-H Leader Orientation - Part II will be held Monday, January 13, 1992, 9:30 a.m. and repeated at 7 p.m. This session will cover using project leaders, junior leaders, involving parents, the

Chris Clover Award Program and some special highlights from the NC Regional 4-H Leaders Forum. Part II training will be repeated Tuesday, March 10, 7 p.m.

If you missed the Part I

session, it will be repeated Tuesday, February 18, 9:30 a.m. and 7 p.m. You may attend Part II even if you haven't attended Part I. All leaders and parents are invited to attend and share ideas. (MK)



On the Way...

Citizenship Washington Focus is waiting for you! If you are a 4-H'er who will be 15-19 years old in the summer of 1993, join the group that will be traveling to Washington, D.C. that June. 4-H'ers will spend one week in programs at the National 4-H Center and in tours of the Washington area, besides tours on the way to and from Washington.

Before the trip, 4-H'ers will be involved in a series of citizenship activities to prepare for the Washington experience. Applications for the trip are available from Marilee at the extension office and are due back by January 15. (MK)

Leadership Youth-Nebraska

A unique partnership has been formed between 4-H and the Nebraska Jaycees program. Leadership Youth-Nebraska is a new program designed to assist teens across the state to learn and actively demonstrate leadership skills through a series of levels. The program combines "Leadership Skills You Never Outgrow" (a current 4-H project) with the Nebraska Jaycee Leadership Dynamics program.

LYN is built on success levels that have four phases, each phase highlighted by recognition when it is completed. Rewards and integration into local community activities will help teens move upward in their leadership skills.

If you are a teen (13-19 years of age) who is interested in finding out more about the program and how to enroll, contact Marilee at the extension office, or Craig Hansen, the Lincoln Jaycee contact, at 488-2867. (MK)

Teen Council Membership Drive

by Aaron Schepers

For all teens that come to Teen Council, there will be overall prizes for those that attend the most meetings and bring the most friends. The prizes and the point system will be available to those who come to the meetings.

Teen Council

by Carrie Henshaw

The last Teen Council meeting was held November 10 at the Lancaster Extension Conference Center. The regular business meeting was held along with election of officers. New officers are: Damion Schepers, president; Jay Rosenboom, vice president; Kristin McHale, secretary; Shauna Hansen, treasurer; Megan Weber, social chair; Brenda Sohl, parliamentarian; Carrie Henshaw, news reporter.

The next meeting will be held December 8, 2:30 p.m. This will be a Christmas party with many exciting things happening. Please bring your many friends with you.

4-H and EFNEP: A Good Fit

by LaDeane Jha, extension agent, home economics

An important component of the Expanded Food and Nutrition Education Program is working with youth. In fact, 20% of each nutrition advisor's time is to be spent working with youth from homes with limited resources. As part of the Cooperative Extension team, the most natural and best way to fulfill that requirement is with 4-H activities geared to our special circumstances.

A special interest 4-H group at the Salvation Army Center is one such group. Sondra Phillips, assisted by Lenora Fitro, has been directing the activities of this group for over six years. They meet with the 4-H group at least once per month, and besides delivering a fun-filled nutrition lesson, games, special events and snacks, they have developed special relationships with the children involved. They work cooperatively with Salvation Army through Carol Meyerhoff, and the center provides the meeting space, publicity and food for the activities.

At a recent meeting of the group, they explored the concept of where our food comes from and how it finally

Exploring 4-H Activities

If you want to find out more about the many activities that 4-H'ers can participate in, join us on Monday, January 20 for Exploring 4-H Activities. At the 7 p.m. session, 4-H'ers will demonstrate and let you know how to get involved in the many activities offered during the year, including events such as speech, demonstrations, fashion revue, song contest, judging and others. Four-H'ers, parents and leaders are all invited to attend. Contact Marilee if you have questions or if you want to share an activity. (MK)

The Meeting Will Now Come to Order!

Do you need help to make your job as a club officer easier? If so, plan to attend 4-H officer training, Saturday, February 22, 1 p.m. All officers duties will be covered, along with meeting ideas and recreation ideas. All club members, parents and leaders are invited to attend. (MK)

4-H Shooting Sports County Club Organizes

Monday, January 6, is the kickoff day for the new county-wide shooting sports club organization. All 4-H members, leaders and parents are invited to attend and become members of the club.

The purpose of the club will be to offer a variety of

shooting sports project activities to all youth interested. This will be accomplished through the sharing of responsibilities among the club's participants.

A tentative agenda has been set for the club's winter monthly meetings, however, the organizational meeting

agenda will encourage input from all participants. The club's program agenda is flexible. We want to meet the needs of the youth involved!

The January 6 meeting will begin at 7:30 p.m. at the Lancaster Extension Conference Center. (DV)

1991-92 Project Changes

The 1991-92 4-H year offers some changes in projects and materials to be used by 4-H members and leaders.

New project materials are available for Tree I.D., as well as, Gardening. The new Gardening project replaces Be A Gardener Units I and II.

By late January, the new microwave project, Microwave Connection, should be on our shelves. This is only one of many changes in the foods projects. Projects no longer available are Better Breakfasts, Lunches & Suppers, Adventures with Dinners, Outdoor Cooking, and Exploring Foods & Nutrition.

The new Photography manuals, Units I, II and III, arrived late in the summer, so you might want to check on this project.

If you have any questions concerning new project or project selection for your group, contact Marilee. (MK)




Sondra Phillips, EFNEP Aide, points out some of the poultry to a group of after school 4-H'ers at the Salvation Army Center.

The Cloverline
4-H News and Events

Maureen Durson
Extension Agent, 4-H

Arlene Hanna
Marilee Kabes
Dave Swartz
Extension Assistants, 4-H



Home Extension News

Alice Henneman,
Eather Wyant
Extension Agents
Home Economics
Lorene Barros
Extension Assistant

Home Extension Leader Training

Fitting Beef Into a Balanced Diet

Extension club members in Lancaster County will learn the facts about including beef in a healthy diet when clubs meet in January. Training will be offered to lesson leaders on Monday, January 6, at 1 p.m. and repeated at 7 p.m.

The lesson will include practice in planning healthy menus, a food preparation demonstration and tasting of the foods prepared.

Training and materials for this lesson are provided to group leaders by the University of Nebraska Cooperative Extension in Lancaster County. Representatives from non-extension groups are welcome to attend but are asked to phone 471-7180, to preregister, so that packets of materials may be prepared. (EW)

Serger Workshop for Beginners

Rose Marie Tondl, clothing specialist with the University of Nebraska Cooperative Extension, will conduct a three part serger workshop, beginning on Wednesday, January 15, 1-3 p.m. and repeated from 6:30 to 8:30 p.m. Parts 2 and 3 of the workshop will follow at the same times on January 22 and 29. In the workshop you will learn the basics of serging and hints for serging different types of fabrics.

Persons are asked to bring their sergers to the workshop. A minimum of ten persons are required in order to hold a workshop and enrollment will be limited to 12 per workshop. The registration fee for the workshop (three sessions) is \$20 and advance payment is required to hold your place. Please register by sending your check made payable to Cooperative Extension in Lancaster County and mail to Serger, Nebraska Cooperative Extension, 444 Cherrycreek Road, Lincoln, NE 68528. (EW)

Achievement Day Recipes Available

The recipes collected at the 1991 Home Extension Achievement Day International Luncheon have been compiled and duplicated. The booklet also includes the recipes from the 1989 luncheon. Club members may purchase the booklet for 75 cents, includes tax. (EW)

Peppernuts are a holiday tradition in many families. They are easy to mix and fun to make. Involve the kids in a peppernut making party. The recipe below is originally from General Mills, Inc.

Samples of this recipe will be available at the 1991 Holiday Fun Class on Tuesday, December 4.

Peppernuts

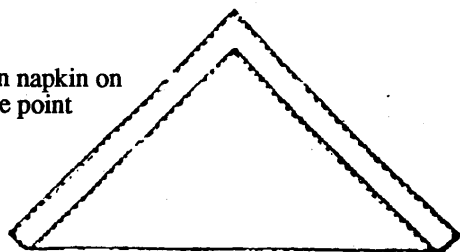
- 3/4 cup packed brown sugar
- 1/2 cup shortening
- 1 egg
- 1/2 cup light molasses
- 3 drops anise oil
- 1 tablespoon hot water
- 3 1/2 cups all-purpose flour
- 1/2 teaspoon baking soda
- 1/2 teaspoon ground cinnamon
- 1/2 teaspoon ground cloves
- 1/4 teaspoon salt
- 1/8 teaspoon white pepper

Mix brown sugar, shortening, egg, molasses, anise oil and water. Stir in remaining ingredients. Knead dough until of proper consistency for molding. Shape into logs one-half inch in diameter. Seal in plastic wrap and refrigerate two hours or until firm.

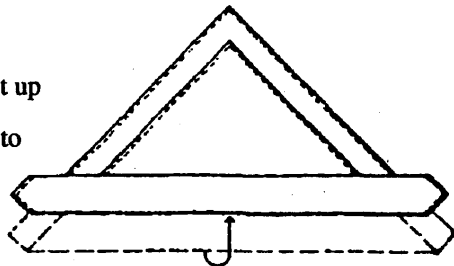
Cut dough into one-fourth-inch slices. Place slightly apart on ungreased baking sheets. Bake at 350 degrees nine minutes or until set and golden brown on bottoms. Allow to cool and store in airtight container. Makes about 35 dozen. (EW)

Candle Napkin Fold

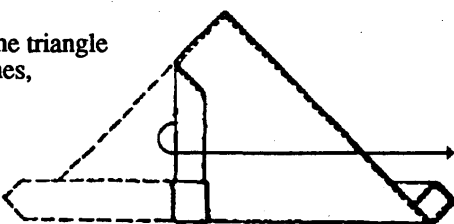
1. Place the open napkin on a flat surface, one point facing you.



2. Turn this point up toward the point directly opposite to form a triangle, leaving about a one inch border.



3. Fold base of the triangle up 1 1/2 to 2 inches, forming cuff.



4. Turn the napkin over and roll it along the cuff. Tuck the final edge into the cuff.

Does "Tradition" Put Your Family at Risk for Food Poisoning?

When you look at the faces around your holiday table, think about this. Nearly one in five of the people you see could face special risks from food poisoning.

Who? A lot of people are especially vulnerable to food poisoning. Most of them don't know it. People over 65, pregnant women, infants and people with chronic illnesses all stand a greater chance of getting sick from food poisoning and suffering complications.

But here's the most important part. You can cut those risks, protecting yourself and your family. Most foodborne illness can be prevented by safe food handling.

Check Out Your Family Traditions.

According to Diane Van on USDA's Meat and Poultry Hotline (1-800-535-4555) one of the riskiest things people do is something they've seen done for decades - leave the cooked turkey out all day.

"It's on the counter, it's on the table. People pick at it after dinner, and then it sits for hours," said Van.

Unfortunately, while it's sitting there, bacteria are multiplying, doubling every 20 minutes in the right conditions.

"If just one bacterial cell got on the meat after you pulled

it out of the oven at 1 o'clock, by 8 that evening you could have over 2 million," Van said.

So here's the food safety rule: Two hours after you pull the cooked bird out of the oven it should be back in the refrigerator. To speed cooling and limit bacterial growth, cut the meat from the bone, remove the stuffing and store both in small, shallow containers.

Turkey Like Grandma Made.

"For as long as we've been having Thanksgivings, we've been looking for ways to save time with the fixings. Sometimes these old time-savers end up costing us more than time," Van said.

All-night cooking.

Van reports callers say, "Mom's turkey always cooked all night. We'd wake up in the morning to the smell of roasting turkey."

Van explains, "Overnight cooking is popular when people are having a lot of guests. A big turkey takes a long time to cook. Rather than get up at the crack of dawn, they cook the turkey all night at a low temperature. But it's not safe."

Thorough cooking kills bacteria. But cooking at low temperatures - less than 325 degrees F. - has the opposite

effect. The warmth of low heat actually helps bacteria grow.

For Safe Holiday Food

- **Thawing a Frozen Turkey** - Don't thaw on the kitchen counter. Thaw in the microwave or refrigerator.
- **Snacking** - Snacking off the turkey is fine, but don't leave it out more than two hours.
- **Leftovers** - To speed cooling, debone the turkey and refrigerate it in small, shallow containers.
- **Cooking** - Don't cook turkeys overnight at low temperatures. Cook at 325 degrees F.
- **Desserts** - Cook custards to 160 degrees F. and refrigerate pies made with eggs.
- **Eggnog** - Don't use a raw egg recipe. Use commercially prepared, pasteurized eggnog or make your own with a cooked custard base.

But How Do I Get My Turkey Cooked?

According to Van, there are a couple of good alterna-

tives to overnight cooking. Cook two smaller turkeys, or use a cooking bag or covered roasting pan to speed cooking.

Lots of callers to the Hotline get confused about cooking bags," Van said, "They remember their mother using brown grocery bags. Don't use them for cooking. It's not safe and toxins from the glue in the seams could make you very sick."

"Eggstra" Cautions.

Because of emerging problems with salmonella bacteria in unbroken eggs, people need to take precautions when preparing food made with eggs, especially some desserts, like pumpkin or custard pies made with eggs.

Foods like custards, containing eggs, milk and a high moisture content, need to be cooked to 160 degrees F. or until firm. They must also be refrigerated after cooking - a precaution that's not necessary with most cakes, breads or cookies.

It's also important not to consume raw eggs. Use commercially pasteurized eggnog or make your own eggnog with a cooked custard base, Van said.

Source: Food News for Consumers, Holidays 1991, USDA Food Safety and Inspection Service. (AH)

New FCL Lesson Available for Groups

A series of Family Community Leadership (FCL) lessons have been developed by extension specialist for home extension clubs and other groups.

The most recent lesson is titled "Strong Families and Communities Supporting One Another." This lesson, prepared by Patricia A. Hendricks, extension 4-H/youth specialist, University of Idaho, includes information on the meaning of "family", the purpose for which families exist, the characteristics of strong families, and the relation of families to communities. It also explores the critical issues facing families today and what can be done to resolve the issues.

Other FCL lessons available are: And What About the Children, Image: Who Needs It?, Organizational Image, How to Find Your Way Through City Hall, Leadership in Community Groups, How To Run a Better Business Meeting, and What To Do When People Don't Agree.

For information on any of these FCL lessons or to obtain the lesson materials, please contact the extension office, 471-7180. (EW)

Nebraska Extension Clubs Focus on Environmental Issues

In 1992, extension clubs across the State of Nebraska will have a common thrust, The Environment: It's Ours to Protect. Several special lessons have been prepared by Shirley Niemeyer, extension specialist home environment, UNL. Lesson topics include: Precycle: Do It Right From The Start, Bag-No-More, and Exploring the Options for Recycling.

Clubs are urged to plan a celebration for Earth Day on April 22, 1992. It is further suggested that each club select one member as environment chair to provide leadership to this thrust.

Information on local plans for The Environment: It's Ours to Protect thrust will be available after January 1. (EW)

Associations and Organizations for the Small Business Owner

The National Business Association is a non-profit organization for self-employed business owners and entrepreneurs that strives to continuously provide the 40,000 plus members with support programs, products and services in the areas of health, education, business and lifestyle management. Some of the benefits that members can receive include free business loan software programs, group medical insurance, educational loan assistance, credit union membership, travel discounts and assistance, discount vision care and more. To find out more or to receive a membership application, call 1-800-456-0440.

Another organization of potential interest to you and your clientele may be:

American Entrepreneurs Association
2311 Pontius Avenue
Los Angeles, CA 90064
(800) 421-2300

(AH)

Toy-Giving Tips for the Holidays

More toys are bought during the holiday season than at any other time of the year. Doting friends and relatives sometimes enjoy handcrafting toys to give as special presents. Whether you're a toy purchaser or a toy maker, take note of these tips:

- A toy should enhance a child's creativity, thinking skills and muscle-motor coordination.

- Toys should be sturdy, safe and versatile. To get the most for your money, choose toys that can grow with the child.

- Before purchasing or making a gift for a child, check with their parents or older siblings to find out about the child's interests and abilities, as well as what toys they already have.

- When buying toys for children under three, avoid anything with small parts that can be ingested, sharp points and edges. The Toy Manufacturers of America Safety Standard includes special requirements for testing toys intended for children under three.

- Look for suggested age-range guidelines on toy packages and buy those toys that best suit the child.

- Check for the following safety-indicators on toy packages: nontoxic, flame-retardant, washable and hygienic.

- Buy toys from a reputable store and note the manufacturers name and address, in case you have any questions or problems. Many toys come with a warranty or guarantee.

- For handmade toys, use materials and substances that won't flake off or crumble in a baby's mouth. Always use nontoxic, lead-free paint and glue.

- Sand rough spots on wooden toys to prevent splinters.

- Practice safety before play begins. Discard wrapping paper and ribbons immediately after opening presents and always remove and discard the toy's packaging before giving it to a young child.

- Look for and carefully read any instructions accompanying the toy before allowing a child to play with it. Make sure the child understands the instructions and any possible dangers that may be involved.

With the careful scrutiny of the Consumer Product Safety Commission and the Toy Manufacturers of America, plus your increased safety awareness, this toy-buying and playing season should be a safe and happy one for all.

Source: Herb Lingren, Family Life Specialist, University of Nebraska Cooperative Extension. (EW)

Home Extension News

Alice Henneman,
Esther Wyant
Extension Agents,
Home Economics
Lorene Bartos
Extension Assistant



Curb the Urge to Splurge During the Holidays

The December holidays are not the time to splurge or to impress. Too often holiday shoppers try to deal with emotions that have little to do with the spirit of the season by buying far more than they can afford. As a result, family resources are drained, leaving an over-extended credit account.

Using basic money management skills can help to curb the urge to overspend at the height of the holiday season.

Start with a list of relatives and friends that the family wants to share gifts with. Don't forget people who perform services for your family such as the paper or mail carrier if you plan to share gifts with them.

Decide how much money your family can realistically spend for gift-giving and set a firm limit on that spending.

Before you set out to buy, think about appropriate gifts within your price range for each person on your shopping list. With shopping by mail or telephone on the increase, many catalogs are available for gift ideas.

After each shopping trip, write down how much was spent and keep the list up-to-date.

Remember, stress and fatigue usually cause poor buying decisions. Start your holiday shopping early and avoid all-day shopping trips, especially near the holidays.

Being prepared will curb the urge to splurge. It also will allow you to avoid crowded stores and enjoy the spirit of the holidays with family and friends. (AH)

The True Price of Pop: Soft Drink Container Information

America has become a "throw away" nation. Each American throws out their own weight in packaging material about every 30 to 40 days. Of the various packing materials, beverage containers (plastic, aluminum and glass) account for more than 5 percent of household wastes.

Plastic

Plastic offers a container product that is lightweight, durable, break-resistant and can be flexible and squeezable.

Plastic does not degrade easily. Some estimates indicate that it may take as long as 3000 years before some forms of plastic will decompose.

Plastic is derived from petroleum products which are dwindling and are nonrenewable resources. Some of the chemicals used to produce and process plastics are hazardous compounds. The energy used to make and transport one plastic bottle is equal to about 3.0 ounces of gasoline.

Plastic is currently not as easily recycled in Nebraska as some other materials. However, advances are being made in recycling plastics. By recycling plastic it is estimated 85 to 90 percent of the energy used to produce virgin plastic resin could be saved.

Of the 12 billion pounds of plastic produced each year, one-fourth is used for packaging. In 1986, over 20 billion plastic bottles were produced each hour. About 1 percent of all plastics are currently recycled.

Incineration of plastic, unless done correctly, can produce toxic air pollution. Plastic should not be burned in home burn barrels.

Aluminum

Although, aluminum is one of the most abundant metals, it is also one of the most expensive and polluting metals to produce. Much of it is surface mined in tropical rain forest areas. To make one ton of raw aluminum requires 8,760 pounds of bauxite and 1,020 pounds of petroleum coke. Aluminum decomposes in about 500 years.

The success of aluminum recycling has softened its environment impact. In 1985, some 66 billion aluminum cans were manufactured. We are now recycling 55 percent of all aluminum cans, saving about 5 million tons from burial in our landfills. The use of recycled aluminum saves not only about 95 percent of the raw products but 90 percent of the energy needed as well.

The energy saved from one recycled beverage can could

save about 8.5 ounces of gasoline or enough energy to operate a television set for three hours. The energy from two aluminum cans could be used to meet the daily energy needs of a person living in a poorer third world country.

Aluminum foil, pie pans, frozen food trays and aluminum building products such as aluminum window frames and siding can be recycled. Use of recycled aluminum in aluminum products saves raw materials, energy and also reduces air pollutants by about 95 percent.

Glass

Each year we throw away about 28 billion glass bottles and jars while recycling only 5 billion. Since glass takes approximately 3,000 years to decompose, it adds to landfills.

To produce one returnable glass bottle the equivalent of 1.4 ounces of gasoline would be needed. When a non-returnable glass bottle is produced and transported, about 6.3 ounces of gasoline is needed. To produce one ton of glass, 385 pounds of mining wastes are produced.

When recycled glass is used, it is first broken into "cullet." Any metal rings are removed by a magnetic device and a vacuum process removes any labels or coatings. Adding cullet to the glass making process saves 32 percent of the energy used when only raw materials are used. When 50 percent of recycled glass is used in glass production, almost 80 percent of the mining wastes are reduced. Use of recycled glass also reduces air pollution by an estimated 20 percent and water pollution by 50 percent.

Most all glass bottles and jars can be recycled, but glass used in window panes, pyrex containers and light bulbs cannot, since they may contain some ceramics.

Other Costs

In addition to the energy savings, consider the energy costs of transporting the item from the consumer's home to a recycling center and then to a market for recycling. This varies with individual households and communities depending on how far they may be from a recycling center and from manufacturers that use recycled products.

Next time you enjoy your favorite beverage, give some thought to the true price of pop.

(Taken from materials developed by Shirley Niemeyer, extension specialist home environment, UN-L, and LaMara Eicke for the Environmental Thrust for Nebraska Home Extension Clubs. October, 1991.) (EW)

Singles in Agriculture Source of Friendships

Singles in Agriculture is a non-profit organization whose purpose is to provide fellowship, support and friends for single people with agricultural backgrounds. The organization started in 1984. More than 2,700 singles have joined chapters throughout the nation.

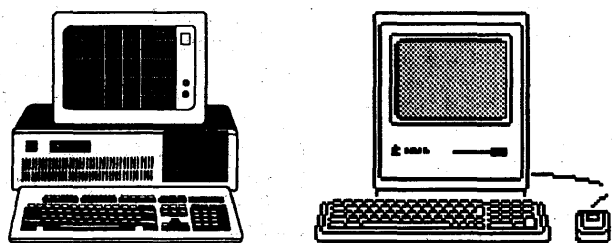
The organization has members in nearly every state. Most of the members are in the middle 20's to early 70's. The national convention was held in Lincoln in February 1991. The 1992 convention will be in Indianapolis, IN.

The Nebraska Chapter recently meet in Grand Island at the Stuhr Museum. The Nebraska and Kansas Chapters will have a combined meeting and Christmas Party at Hiawatha, KS on December 7 and 8.

For further information, call Janice Neuschafer at 913-527-5489. Information may also be obtained by writing to Singles in Agriculture, Box 432, Belleville, KS 66935. (DM)

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Encourage Your Child

Raising or working with children is one of the most rewarding tasks in life. It is also one of the most challenging! We know that helping children to develop healthy self-esteem is a critical factor for their future success and happiness.

Self-esteem consists of our feelings of self-worth and self-confidence in our ability to handle the tasks we face. One of the most important skills for improving children's self-esteem is the ability to encourage. Encouragement is the process of focusing on an individual's assets and strengths. It is a learned skill which helps children believe in themselves and their abilities.

Educational psychologists used to believe that praise was important as a reward for achievement. But we soon learned that giving praise too often fostered competition and fear of failure. Encouragement, on the other hand, emphasizes effort and improvement which, in turn, fosters cooperation and self-esteem. It inspires confidence and acceptance.

Some of the ways you can encourage children are fairly simple. When used consistently, they very often lead to more cooperative relationships with children. Here are some of the methods:

Showing faith. Having and showing faith in children's ability to handle situations means minimizing their mistakes and communicating our confidence instead. Showing faith requires appreciating the positive aspects of their efforts.

Building self-respect. Enhancing self-respect involves accepting individuals' differences. Encouragers avoid comparing children with their sibling or peers. Comparisons reduce self-respect by devaluing the child's efforts.

Recognizing efforts and improvements. It's easy to give recognition for completed tasks. But when we hold out for achievement—a better grade in math, a neat room at home—a purple ribbon at the fair—some children conclude they are never good enough. Recognizing effort and improvement helps children find value in work and improvement, as well as final accomplishments.

Focusing on strengths and assets. We live in a society that puts a great deal of emphasis on mistakes. Sometimes it appears that fault-finding rivals baseball as a national pastime! Yet when parents and teachers look for a child's strengths and resources, they encourage that child to become a responsible adult.

It takes time and effort to become an effective encourager. Because encouragement is a learned skill, it improves with practice. Here are some proven strategies for encouraging children:

- Give them age-appropriate responsibilities.
- Accept mistakes.
- Have positive expectations. Children rise to the level of our expectations.
- Emphasize process, not just the final product, or outcome.
- Encourage participation in decision-making.

Encouragement helps children believe in themselves and their abilities. Parents and leaders who offer encouragement help children accept themselves and learn from their mistakes. By doing so, they help children develop the courage to be imperfect. (MK)

Make Fire Prevention a Part of Your Holiday Season

The holiday season is one of joy and happiness, but this joy has been marred in past years when people fail to make fire prevention a part of their holiday season. The members of the Southeast Fire Department want your holiday season to be fire safe. Here are a few timely reminders:

Christmas trees should be located away from fireplaces, wood stoves and any other source of heat. Trees should also be kept away from exits and traffic areas. As for real trees, be sure to buy a fresh tree (shake it and tap the stump on the ground at the time of purchase: if needles fall off, select another tree), and keep it fresh by putting it in a sturdy, water holding tree stand (be sure to fill the tree stand with water daily).

If the tree dries out it is a serious fire hazard. Discard it immediately, even if it is before Christmas. Do not take the chance that it will "be all right" until after the 25th.

Christmas lights should be checked before use for any

cracked or broken fixtures, as well as for the UL label (the UL label is the symbol that the Underwriter's Laboratories have tested the lights for safety.) Do not use indoor lights outdoors; and do not connect over three sets of lights to the same electrical outlet. Always turn off lights when leaving your house and before going to bed. Never use lights on a metallic tree.

Use electric candles instead of an open flame candle for decorations (these should also have a UL label.) After opening Christmas presents, promptly discard of wrappings and boxes. Never burn wrappings, boxes or trash in your fireplace or wood stove.

On behalf of the Southeast Fire Department, I would like to take this opportunity to wish you and your family the very happiest of holidays, and a fire safe 1992!

Bill Montz, Jr.
Fire Prevention Officer

Learn at Home National Class Room

Several in-depth classes will be offered this winter and spring via satellite television. Classes may be taken for self-improvement or college credit. These classes are sponsored by 35 of the nations leading universities through a TV network called AG*SAT.

Current class offerings include the following:
Agricultural Water Management For Irrigated System
Agricultural Marketing
Professional Agri Selling
Cereal Science
Introductory Food Science
Municipal Solid Waste Management
Methods in Teaching Agriculture

If you are interested in learning by satellite please call the University of Nebraska Cooperative Extension in Lancaster County. Course details will be mailed to you.

Most classes start the first week of January but end at different times. Registrations fees will vary with each course. (DM)

The NEBLINE

Nebraska Cooperative Extension Newsletter
Lancaster County

The NEBLINE is edited by Mark D. Hendricks, Extension Assistant, Media, and Emi K. Nyman, Extension Assistant, Marketing. It is published monthly by the University of Nebraska Cooperative Extension in Lancaster County, 444 Cherrycreek Road, Lincoln, Nebraska, 68528. For more information, contact Mark Hendricks at (402) 471-7180.

Don D. Miller

Don D. Miller
Extension Agent, Chair, Lancaster County

Notice!!!

All programs and events listed in this newsletter will be held at the University of Nebraska Cooperative Extension in Lancaster County unless otherwise noted. Use of commercial and trade names does not imply approval or constitute endorsement by the University of Nebraska Cooperative Extension in Lancaster County.



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Extension Calendar

All programs and events will be held at the University of Nebraska Cooperative Extension in Lancaster County unless otherwise noted.

Happy Holidays from the University of Nebraska Cooperative Extension in Lancaster County!

December 3 New Leader Orientation Part I 9:30 a.m. and 7 p.m.	December 3-4 Crop Pest Management Update Kearney	December 4 Growing Soybeans... No-till Variety Firth Community Center 9:30 a.m.	December 6 Eastern Nebraska Soybean Expo Wahoo Fairgrounds 9 a.m.
December 8 Teen Council Christmas Party 2:30 p.m.	December 9 Ag Outlook Meeting Chances R Restaurant, York 9:30 a.m.	December 10 Four-State Beef Conference Tecumseh	December 10 Nebraska Swine Enterprise Records Orientation Meeting Beatrice 7 p.m.
December 10 Swine VIPS Meeting 7 p.m.	December 12 Nebraska Swine Enterprise Records Orientation Meeting Elmwood 7 p.m.	December 16 Private Pesticide Applicator Training Extension Office 1 p.m.	December 16 Private Pesticide Applicator Training Raymond Central Public School 7 p.m.
December 17 Private Pesticide Applicator Training Firth Community Center 9 a.m.	December 17 Private Pesticide Applicator Training Sprague Community Center 1 p.m.	December 18 Private Pesticide Applicator Training Lancaster County Bank Waverly, 9 a.m.	January 6 Home Extension Leader Training Lesson "Fitting Beef Into a Balanced Diet"
January 6 4-H Shooting Sports County Wide Organizational Meeting 7:30 p.m.	January 7 Crop Protection Clinic 8:15 a.m. - 4 p.m.	January 9 Computerized Farm Management Workshop Part 1 Wahoo 7 to 10 p.m.	January 9 Paws & Claws 4-H Club Meeting 7 p.m.
January 9 Rabbit VIPS Meeting 7:30 p.m.	January 10 Swine Diet Formulation Workshop UN-L Animal Science Complex 9 a.m. to 4 p.m.	January 12 Teen Council 2:30 p.m.	January 13 New Leader Orientation Part 2 9:30 a.m. and 7 p.m.
January 13 Criticter Sitters 4-H Club Meeting 7 p.m.	January 14 Computerized Farm Management Workshop Part 1 Lincoln 7 to 10 p.m.	January 15 Serger Workshop for Beginners Part 1 1 to 3 or 6:30 to 8:30 p.m.	January 16 New Tools for Pasture Production 4-H Building, Beatrice 11 a.m. to 5 p.m.
January 16 Computerized Farm Management Workshop Part 2 Wahoo 7 to 10 p.m.	January 21 Computerized Farm Management Workshop Part 2 Lincoln 7 to 10 p.m.	January 22 Serger Workshop for Beginners Part 2 1 to 3 or 6:30 to 8:30 p.m.	January 23 Computerized Farm Management Workshop Part 3 Wahoo 7 to 10 p.m.

Nebline Feedback Form



In order to best serve our subscribers, this form will appear in every issue of the Nebline. You can use this form to:

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- 3.-submit general comments and/or story ideas.

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